

Scituate

SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | SEPTEMBER & OCTOBER 2021



CONTACT US

Our new address:
333 First Parish Road
Scituate, MA 02066

781-545-8722

[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

Hours of Operation:

Monday - Thursday
8:30 am to 4:30 pm
Friday | 8:30 am - 3:00 pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs that will enhance their quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.



WE ARE LAUNCHING THE LUNCH PROGRAM !!

Kickoff: BBQ CHICKEN LUNCH & LAWN GAMES
Thursday, Sept 2 @ NOON

Serving lunch Mondays - Thursdays / 12:00

Weekly Specials Include:

- Tues. Sept 7**—Potato and leek soup and chicken salad wrap
- Wed. Sept 8**—Baked pasta w/chicken /crumb topping/ fresh buttered broccoli / garlic bread
- Thurs. Sept 9**—Meatloaf w/mushroom gravy/buttered green beans/parsnip mashed potatoes / roll and butter
- Mon. Sept 13**—Baked stuff breast of chicken w/supreme sauce / mashed potatoes/ butternut squash / cranberry sauce
- Tues. Sept 14** - Pulled pork sandwich / coleslaw/ baked beans
- Wed. Sept 15** - Spaghetti & meatballs /garlic bread / cauliflower w/fresh chives
- Thurs. Sept 16** - Ham, asparagus and cheddar quiche / Caesar salad

The complete menu is available at the Senior Center or online. Reservations are asked at least 2 days in advance at 781-545-8722, press 0 for Front Desk.



ABOUT US

DIRECTOR'S NOTE

When you discard arrogance, complexity, and a few other things that get in the way, sooner or later you will discover that simple, childlike, and mysterious secret known to those of the Uncarved Block:

Life is Fun. From the state of the Uncarved Block comes the ability to enjoy the simple and the quiet, the natural and the plain along with the ability to do things spontaneously and have them work. (From *The Tao of Pooh* by Benjamin Hoff)

I was reminded recently by one of our eminent volunteers and patrons about one of my favorite college reads, ***The Tao of Pooh***. This little book endeavors to teach us a philosophy of life that serves us better than some of the tendencies toward hurrying and filling our days with unnecessary tasks as well as listening to your Inner Nature. I have started to re-read and leave it around to peruse when I have some downtime, because it was definitely worth being reminded of and revisiting.

So many of our patrons, mostly retirees, may have already or are just now mastering the art of having fun and living life a little less complicated in these later years post-family obligations and careers and other achievements—making new friends, trying new things, enjoying a lifestyle that appreciates the gift of Time that many of us are granted and which is truly a privilege. The NEW Senior Center is one of those places that offers space and activities for that enjoyment. We are hoping you will come and try out an activity, or join us in September for our new luncheon program on Monday through Thursday at noon; seating opens at 11:45. The menu will change daily and is posted (here) and online, as well as at the Center. Reservations are required, ideally at least 2 days in advance. Volunteers will serve water and the meal, as well as coffee or tea. Our new Food Service Manager, Fred Willette, is a “seasoned” chef and looking forward to bringing you a product of value that

appeals to your taste and nutrition needs and offers some surprises or brings back some pleasant memories! Please use our main number – 781-545-8722, and 0 for the Front Desk, to make your reservation. Our kick-off lunch will be barbecue fare as we hope summertime will linger for a while, along with some entertainment and outdoor games following. We are reading your suggestions left in our fancy new suggestion box (thank you, Leif!), as well as adding other programs as able. Please continue to give us your feedback as we want our place to be your place and to reflect your needs and wishes.

Our Self-care Retreat planned for October 7 was an idea before the pandemic but reinforced by what we saw as a need during the pandemic. So now, we hope to acquaint you or remind you of ways of caring for yourself through hard times—or not waiting for hard times to care for yourself. And knowing what works for you when you need a little TLC – or as a regular practice, so that you never get to that point but are keeping up with what your body (and mind) needs to feel healthy, strong and ready for anything—whether simple mindfulness or a meditation model, an exercise activity such as yoga or tai chi, some healthy indulgences for the body, or nutritional fuel for supporting longevity.

I want to thank some of our volunteers who have helped during these past few months: Leif Lindblom and Bill Fairbanks for their special Bocce court additions; Janet Fairbanks for ushering in so many new Mah Jong players; our Front Desk volunteers for fielding all of the new patrons coming to us as well as serving as tour guides for many; Maureen Dinsmore as always for her Kitchen and Café service; our supermarket and Panera pick-up drivers Christine and Bob Brand, Jeff and Judy Kalla and Dick Eckhouse; Dan Hanigan for helping us and our Facilities staff out with his handiwork; and Jean Young and Pauline Souther for the weekly fresh flowers adorning the ladies’ restrooms! ☺ Linda

OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Ann Gifford | 781-545-8872
agifford@scituatema.gov

Outreach Coordinator

Open position | 781-545-8873

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Food Service Manager

Fred Willette | 781-545-8832
fwillette@scituatema.gov

Van Drivers

Betty Durkin. We hope to see Mary Brown, Joe Swindler, Jim Keeley back with us soon.

COUNCIL ON AGING BOARD

John D. Miller, Chair

Susan Kelly, Vice Chair

Leslie James

Janice Lindblom

Caitlyn Coyle

Pat Carleton

Laure Brady

Marie Fricker

Barbara McFadden, Associate

Selectman Liaison

Karen Canfield

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS

Yoga ONSITE or Zoom

Gentle Yoga w/Anne

Mondays at 8:30

Chair Yoga w/Anne

Mondays at 9:45

Gentle Yoga w/ Elizabeth

Wed at 8:30

Chair Yoga w/ Elizabeth

Wed at 9:45

Gentle Yoga w/ Elizabeth

Fri at 8:30

Chair Yoga w/ Elizabeth

Fri at 9:45

*Fee \$10 per class

**Fee \$5 per chair class.

Classes will be held in our new **Lawson Tower Fitness Room**. Please sign-up prior to class to help us adjust to the numbers.



ZUMBA GOLD

Mon & Wed at 2:00-3:00

Zumba class with Justine ... Come enjoy this fun dance opportunity w/ great music & a little extra toning included. Please pre-register to be sure we can accommodate you. \$5



BALANCE FOR LIFE

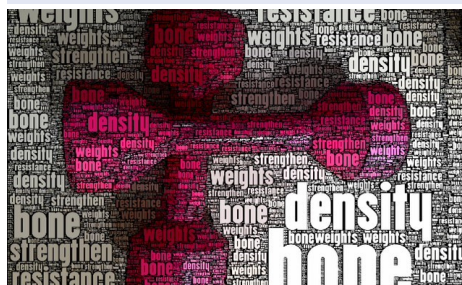
Mon & Thurs 11:00-12

This popular class w/ Sue incorporates stretching, movement, strengthening w/ resistance bands, meditative awareness, cool music & of course Sue, herself! Please pre-register a week in advance to ensure your spot. \$5

LET'S WALK!

WALKING CLUB—meets every Thursday 9:30am @ St. Mary's Parking Lot and walks local routes.

TRAIL WALKING— Begins Sept. 3 and meets every Friday @1pm to walk trails around Scituate and beyond. The first walk will take place at Norris Woods Reservation in Norwell.



LET'S DANCE!

LINE DANCING

Tues—11:00-11:45

Line Dance class w/ Jean for 45 mins to an hour. Learn some new steps and dance to your favorite country songs. Fun way to exercise and be a hit at your next wedding.

Pre-registration requested. Cost \$5.



LIFT YOUR SPIRITS STRENGTH CLASS

NEW

Wed & Fri—11:00-12:00

NEW TIME: Mon 12:30-1:30

Strength training opportunity with Sue using hand weights. LIFT your spirits and increase your muscle strength—good for your bones, body and mind! Please pre-register a week in advance to ensure your spot. \$5.



TAI CHI 4 HEALTHY AGING

Tues—1:00 OR 2:30

We are now offering this targeted Tai Chi program 2 classes per week to provide an introduction to Tai Chi movement following a modified program of 8 forms & exercises designed to strengthen and promote better balance. Please pre-register for your preferred time slot. \$4 per class.

INDOOR PICKLEBALL

Fri - 11:00 am

INDOOR Pickleball is offered by the Senior Center at the Veterans Memorial Gym on Fri @ 11:00. This is a volunteer-led activity where we ask for players to assist w/ setting up nets & breaking down & putting away at the end. Play is rotated regularly if more than 16 players are in attendance. Beginning instruction available.

OUTREACH & SERVICES

SHINE

Appointments for assistance or questions for health insurance selections, coverage and changes.

SHINE -> *Serving the Health Information Needs of Everyone*

Our volunteer SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Appointments are now available in person at the Senior Center with Rich Durkin and Elaine Schembari.

Please call 781-545-8722, press 2 for Jill or 0 for the Front Desk.

**For those turning 65 it is advised that you begin at least 3 months in advance of your birthdate.*

MEDICARE OPEN ENROLLMENT PRESENTATION OCTOBER 5TH @ 1PM

Do you have questions regarding your Medicare health plan? It's that time of year to enroll and learn about your options. Elaine Schembari will be here for Q & A. Please call for more information and to register.



Small lawn cutting & yard clean up available through the **LAUNCH** program employing young adults w/disabilities. Minimal charge for work.

Call Kevin or Joanne 781-740-1206.

SENIOR CENTER VOLUNTEER CORNER

Thank you to all of our wonderful front desk volunteers! It was a busy month and we filled all of our shifts with welcoming, helpful, smiling faces. You make such a positive impact at the Senior Center!

DO YOU WANT TO MAKE A DIFFERENCE? If you are interested in volunteering please call Jessica at 781-545-8875. We are looking for:

- Café/Kitchen Assistants, Lunchtime Servers for our Food Program
- Parking Lot Monitors (eligible for Senior Tax Work-off position—see Linda)

SNAP

Do you need assistance paying for food? SNAP may help. During this pandemic, many people may need more help paying for groceries. You may be eligible! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are a debit card with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

The Food Pantry has moved to First Parish Rd behind the Senior Center in the lower level of the old Gates School Building.

Procedures for drive-up service will continue. Call the Food Pantry to register or request delivery at 781-545-5827.

Van Service is available at **NO CHARGE** through the Senior Center by calling **781-545-8722, press 3** to speak to the Transportation Coordinator.



PROFESSIONAL INFO

Senator Patrick O'Connor office hour with Lou Rizzo—**3rd Thursdays at 10:30-11:30 at the Senior Center**

Rep. Patrick Kearney office hours
TBD; CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Friday of the month at the Scituate Senior Center**.
Next available date: *Sept 17*.

BP / HEALTH CLINIC WITH NURSE EILEEN SCOTT

1st & 3rd Wed 10:00-11:30

Ask a Nurse; Schedule a B-12 shot; Check Blood Pressure

WELLNESS OFFERINGS

We are excited to introduce several monthly treatments for your body, mind and spirit.

REFLEXOLOGY - Did you know that every organ and cell in the body has a reflex point on the soles of the feet? Anne Brennan, LMT & Reflexologist will guide you through a session that will relax and relieve tension. **1st Thursday of each month 9-2pm/ 30 mins. / \$30.**

CHAIR MASSAGE w/ Freya Schegel— designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **1st Friday of every month 9-1pm/ 20 mins./ \$20.**

REIKI w/ Elizabeth Rogers - is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate natural healing processes. **Last Thursday of every month/ 10-3pm/ \$75 per hour session.**

Call to make an appointments! 781-545-8722

SEPTEMBER 2021 CALENDAR

		WED 1	THUR 2	FRI 3
<div>BBQ LUNCH & LAWN GAMES</div> <div>Thursday, Sept 2 @ 12pm</div> <div></div>		8:30 Yoga 9:45 Chair Yoga 10:00 Bocce / BP 11:00 Lift Spirits Strength 12:30 Painting Class 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 11:00 Balance 12:00 BBQ LUNCH 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strenght 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 6	TUES 7	WED 8	THUR 9	FRI 10
<div>Holiday</div> <div>Offices</div> <div>Closed</div>	9:00 Men’s Breakfast 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men’s Bocce 11:00 Line Dance 12:00 Chix Salad Wrap/ Soup 1:00 Shuffleboard 1:00 & 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits 11:00 Art for the Mind! 12:00 Pasta, Chick & Broccoli 12:30 Painting Class 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 11:00 Balance 11:00 Book Club 12;00 Meatloaf & Potatoes 1:00 Knitting 1:00 Shuffleboard 5:30 Board Meeting	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 13	TUES 14	WED 15	THUR 16	FRI 17
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 12:00 Baked Stuffed Chicken 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men’s Bocce 11:00 Line Dance 12:00 Pulled Pork Sandwich 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 10:00 BP 11:00 Lift Spirits 12:00 Spaghetti & Meatballs 12:00 Caregiver Support 12:30 Painting Class 1:00 Diaries 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 10:30 Sen O’Connor 10:30 Artists Books Wkshp 11:00 Balance 12:00 Quiche/ Caesar Salad 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Painting 1:00 Trail Walking
MON 20	TUES 21	WED 22	THUR 23	FRI 24
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken Marsala 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men’s Bocce 11:00 Line Dance 11:00 Book Club 12:00 Montecristo Sandwich 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:00 Lasagna w/ spinach 12:30 Painting Class 1 :00 Diaries 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 11:00 Balance 11:00 No Rules Book Club 12:00 Shrimp Scampi 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 10:30 iPad Class I 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Painting 1:00 Trail Walking
MON 27	TUES 28	WED 29	THUR 30	
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Oven Fried Chicken 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men’s Bocce 11:00 Line Dance 12:00 Meatball Sub & Soup 1:00 Shuffleboard 1:00 Tai Chi* 2:30 Tai Chi* *Begins new 8-week	8:30 Yoga-LTF 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:00 Penne & Meat Sauce 12:30 Painting Class 1:00 Diaries 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 11:00 Balance 12:00 Baked Haddock 1:00 Knitting 1:00 Shuffleboard	

OCTOBER 2021 CALENDAR

				FRI 1
KITCHEN IS OPEN! LUNCHES MONDAY—THURSDAYS / 12 pm See menu items below and or pick up a copy at the Senior Center.				8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Painting 1:00 Trail Walking
MON 4	TUES 5	WED 6	THUR 7	FRI 8
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Pot Roast 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Men's Breakfast 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 Line Dance 12:00 Grilled Ham & Cheese 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce / BP 11:00 Lift Spirits Strength 12:00 Pasta w/ Sausage 12:30 Painting Class 1:00 Diaries 1:00 Scrabble 2:00 Zumba Gold	9:00 Wellness Retreat 9:30 Walking Club 10:30 Craft: Card Making 11:00 Balance 12:00 Shrimp Salad Plate 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Painting 1:00 Trail Walking
MON 11	TUES 12	WED 13	THUR 14	FRI 15
Holiday Office Closed	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 Line Dance 12:00 Turkey Rueben 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits 11:00 Art for the Mind! 12:00 American Chop Suey 12:30 Painting Class 1:00 Diaries 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 11:00 Balance 12:00 Fish Cakes & Beans 1:00 Shuffleboard 1:00 Knitting 5:30 Board Meeting	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Painting 1:00 Trail Walking
MON 18	TUES 19	WED 20	THUR 21	FRI 22
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Pub Steak & Potatoes 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 Line Dance 12:00 Chick Salad Croissant 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce / BP 11:00 Lift Spirits 12:00 Baked Ziti 12:00 Caregiver Support 12:30 Painting Class 1:00 Diaries 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 10:30 Sen O'Connor 11:00 Balance 11:00 No Rules Book Club 12:00 Seafood Casserole 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Painting 1:00 Trail Walking
MON 25	TUES 26	WED 27	THUR 28	FRI 29
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Shepard's Pie 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 Line Dance 12:00 Seafood Salad 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits 12:00 Spaghetti & Meatballs 12:30 Painting Class 1:00 Scrabble 2:00 Zumba Gold	9:30 Walking Club 11:00 Balance 12:00 Chicken Marsala 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 1:00 Painting 1:00 Trail Walking

PROGRAMS, CLASSES, ACTIVITIES

ART CLASSES

Watercolor Painting

Instructor: JUDY ROSSMAN

Fri 1:00 - 3:30 pm; 7 wks— Sept 17– Oct 29

An introduction to transparent water-based media. Emphasizes painting from observation. Exposes students to color mixing methods specific to media. Students will explore a variety of watercolor techniques including: wet into wet, wet into dry, flat and graduated washes. For ALL skill levels. Call for more information and/or a supply list. Cost \$75 for 7 weeks.

Painting from Life or Photos -

Instructor: JO KILLION WILDES

Wed at 12:30 pm - 3:30. This class is the student's choice of medium (oil, acrylic, watercolor or pastel). There will be a still life set up for those who wish to work from life. There will be a strong emphasis on fun as well as drawing to help the student translate the live study or photos to create a colorful composition on canvas, board or paper. Cost \$15 each week.

Please call or register online for all classes. Supplies lists available at the Senior Center.

CRAFTY CARD MAKING

Join local card maker, Beth McGraw, who will show how to make beautiful homemade cards in just a few easy steps using an array of fabrics. It is the perfect craft in preparation for the Fall and holiday season! **1st Thursday of the month / Starting Oct 7th @ 10:30am-12.** Cost \$5 for materials.



"No Rules" Book Group with Leader Nancy Harris

Next Book: *"Ask Again, Yes"* by Mary Beth Keane / **Thursday, September 23 at 11:00 am** outside weather permitting. **October Meeting will be Thursday, Oct 21 @ 11am.** Book TBA.

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Quilting—TBD
- Mah Jong—Tuesdays
 - Beginners @ 9:15
 - Advanced @ 10:15
- Hand & Foot—Mon @ 1:00
- Scrabble—Wed @ 1:00
- Bridge & Cribbage—Thurs 11:00am
- Poker Game(s)—Weds 11:00 am

ARTISTS BOOKS - HOW TO

Printmaker and Book Artist, Esther Maschio will demonstrate the craft and create 3 easy-to-make style of Artist's books. There will be discussion about materials and a display of handmade books for viewing as well. **Thursday, September 16th @ 10:30am.** Pre-register to save your spot!

ART FOR YOUR MIND

Jill continues her wonderful and enriching art appreciation presentations on Wednesdays at 11:00am this Fall! Please pre-register.

Sept 8 - Appreciate Sculpture

Oct 13- Massachusetts Art Revealed

Nov 10— Dutch Golden Age

Dec 8— Mary Cassatt - A New Woman

This program is sponsored by the Scituate Education Foundation.

BOCCE

Group Play - **Wed @ 10:00 w/ rotating games.**

Men's Bocce—**Tues @ 10:00.**

Call to reserve the Bocce set for a private game.

SHUFFLEBOARD & Pool Tables

Our Pool & Shuffleboard Tables are popular! Players are welcome to sign up for time to play w/ friends:

Open Pool - Mon mornings or Fri afternoons or when game room is available. Shuffleboard - Tues or Thurs @ 1:00. Call for other availability.



Community Mural

September 10th - Looking for creative Seniors to collaborate with pre-schoolers on a community mural at an outdoor event at the Scituate Library. See or call Jess, 781-5454-8875 if you are interested and would like more information.

PROGRAMS, GROUPS, ACTIVITIES

IPAD CLASS

Would you like to learn to use the iPad or hone your skills? Join our IPAD courses with instructor Katy Mayo on **Fridays from 10:30-12.**

Intro dates —Sept 10, 17, 21

Learn to: connect to wifi, review settings, texting, email and basics about apps and your Apple account and cloud.

Intermediate—Oct 8, 15, 22

Learn to: Use Facetime, take & manipulate photos, internet search and much more!!!

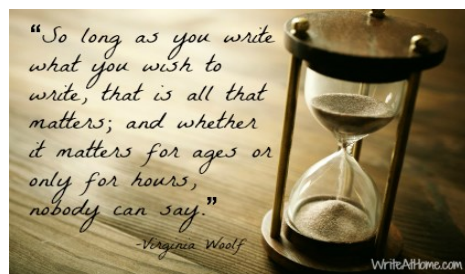
Please call 781-545-8871 to sign up. Cost \$15 per class.

CAREGIVER SUPPORT

Could you benefit from the support of others who understand the experience of being of a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group. It meets the **3rd Wednesday of the month 12:00—1:00pm.** Our group is led by an experienced facilitator & social worker, Suzanne Otte. Next mtg: Sept. 23rd. A Zoom option will be available. Please call the Senior Center at 781-545-8722.

PARKINSON'S SUPPORT

Participants have an opportunity to meet in person at the Senior Center or via Zoom monthly. Meetings are held on 3rd Tuesday of the month (Sept 21 and Oct 19) at 1pm. Call 781-545-8722 for info.



EXPRESSIVE WRITING

Everyone is welcome at this weekly writing group. We choose a new prompt each week & write for 15 mins, then read aloud. Sometimes light, sometimes deep, sometimes funny & always fun!

Mondays 11:00 am—12:00pm
Starting Monday, Sept 20th

Join us! Call the Senior Center or register online!

SNAIL MAIL, E-MAIL, AND ON-LINE!

We realize sometimes the newsletters do not land in your mailbox as early as we would like, we want you to know that there are other options. You can receive an e-mail giving you immediate access to the newsletter online through Liturgical Publications ourseniorcenter.com site. Once the newsletter is published on-line, we immediately place it on our website page at scituatema.gov/council-on-aging/newsletters.

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for on-site & virtual classes! Simply login on to MYACTIVECENTER.COM, locate "NEW USER" and you will need your personal key tag number on the back of your scan card, including the 'X'. **If you need a key tag or help setting up your account, please call us at 781-545-8722.**

If there is a cost associated with your program, you can pay w/ check or cash to the Senior Center, or using the below on-line system through the Town website.

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to: scituatema.gov.

- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/Schools/COA,
- Select Town of Scituate Council on Aging

FUN FRIDAY FLIX!

Movie starts at 12:30; Popcorn provided.

Sept 3 *Hachi: A Dog's Tale*

Sept 10 *Hamilton*

Sept 17 *The Mirror Has Two Faces*

Sept 24 *The Peanut Butter Falcon*

Oct 1 *King's Speech*

Oct 8 *The Bear*

Oct 15 *The Courier*

Oct 22 *Guernsey Literary & Potato Peel Pie Society*

UKULELE LESSONS

Interested in strumming with friends? Ukulele lessons will be starting up again on **Fridays @ 10:30am. 4 sessions—starting Sept 17th sessions. Cost \$25 for 4 wks.** Please pre-register .



TRANSPORTATION

Local Rides

We provide weekly rides to medical or dental appointments, senior center activities & for other personal needs. Please call at least 2 days in advance!

Grocery Shopping

Wed— Shaws in Cohasset

Thurs—Village Market & Scituate Harbor

Out-of-Town Medical Rides

We arrange out-of-town medical rides to other locations on the South Shore, from Plymouth to the southern part of Boston. PLEASE NOTE—these out of town vans are extremely busy in the morning and late afternoons. For best service, try to schedule your out of town medical appointments for midday. Call Ann at least 5 days in advance.

Masks are required on the van.

Call Ann to be added to the trip schedule. 781-545-8722, press 3.

We are in need of a few volunteers willing to act as a companion to an older person riding the van who needs additional assistance. Call Ann if interested in this role.

Cost for Rides

Local trips:

\$1.75 / \$3.50 round-trip

10-ride pass: \$15

Medical Out-of-Town:

\$10 local round-trip

\$20 (Plymouth or Boston)



MORE CLASSES AND EVENTS

FALL SERIES With Bob Jackman

6 Wednesdays at 1:00-2:30 pm (dates below)

Israel Litchfield's Diary, Scituate in Revolution

This Fall, Bob will deliver a 6 part series that takes a unique look into the diary of Israel Litchfield and examines Scituate during the exhilarating time of the Revolution. Patrons can enroll in advance to attend any individual talks or for the full series. The programs will be presented on the following dates: September 15, 22, 29, October 6, 13 and 20, 2021.

The series will be centered upon a diary kept by Scituate's Israel Litchfield that spanned events from about half a year before the Revolution until about half a year into the Revolution. The diary is one of the most remarkable documents created in Scituate history, and it conveys the upheaval in the town at the outset of the Revolution. The course will provide a broader context for the diary and also background into fellow residents mentioned both within the militia and around the town.

There will be a 10-minute intermission during each program and social time before and after the program. A cart for coffee or tea will be available in the room. **Requested fee is \$4/each talk; or \$24 for all 6 sessions.**

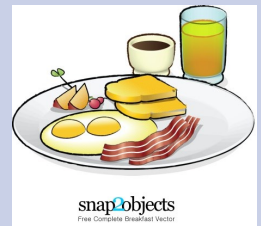
MEN'S BREAKFASTS ARE BACK!!!

1st Tuesday of every month—9 AM—Ladies are Welcome too!

Sept 7 - **Joe Kelley** will talk about the work and efforts to establish a school in Afghanistan in his son Michael's name, as well as all of the good work being done to advocate for Veterans in our community.

Oct 5— TBD

Come and connect—socializing is key to good health, as well as starting the day with a delicious breakfast!
\$5/pp.



SAVE THE DATE: WELLNESS RETREAT **Thursday, October 7th / 9am - 3pm**



Take time out and join us for a FREE day of self-care! You will learn ways of treating your mind, body and spirit based on the wellness offerings here at the Senior Center.

Offerings and treatments include but are not limited to demonstrations and presentations on *Yoga / Chair Yoga, Yoga Nidra, Tai Chi, Reiki, Reflexology, Chair Massage, Meditation, Nutrition and more....*

A healthy lunch will be provided. Please pre-register to attend!





& Council on Aging

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Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center, including outdoor patio furniture & bookcases for the Café. Thank you ALL for your past donations & fundraising efforts over these many years!

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs. Donations may be made to the Friends of Scituate Seniors to continue their support of the Scituate Council on Aging Programs & Services. Donations may also be made directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Thank you to those families and individuals who have donated through the Friends "Build a Campus" Committee for the Fund a Room campaign.

Donor

Elyse LaForest
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In Honor of

In Memory of

Bette Johnson
Jack and Janet Mills